

BEST NURSING PRACTICES IN CARE FOR OLDER ADULTS

Curriculum Guide

*Incorporating Essential
Gerontologic Content into
Baccalaureate Nursing Education
and Staff Development*

2001, Third Edition



HARTFORD INSTITUTE FOR GERIATRIC NURSING

Best Nursing Practices in Care for Older Adults: Incorporating Essential Gerontologic Content into Baccalaureate Nursing Education and Staff Development

Endorsements



American Association of Colleges of Nursing

The American Association of Colleges of Nursing (AACN) is the national voice for America's baccalaureate- and higher-degree nursing education programs. <http://www.aacn.nche.edu/>



American Geriatrics Society

The American Geriatrics Society (AGS) is the premier professional organization of health care providers dedicated to improving the health and well-being of all older adults. <http://www.americangeriatrics.org/>



American Society on Aging

Thousands of professionals throughout the country rely on the American Society on Aging to keep them on the cutting edge in an aging society. Through renowned educational programming, outstanding publications and state-of-the-art information and training resources, ASA members tap into the knowledge and experience of the largest network of professionals in the field. <http://www.asaging.org/>



Gerontological Society of America

Promoting the conduct of multi- and interdisciplinary research in aging by expanding and improving the quality of gerontological research by increasing its funding resources and disseminating gerontological research knowledge to researchers, practitioners, and decision and opinion makers. <http://www.geron.org/>



National Gerontological Nursing Association

Seeks to influence the health of older adults by enhancing the professionalism of gerontological nurses.



National League for Nursing

The National League for Nursing advances quality nursing education that prepares the nursing workforce to meet the needs of diverse populations in an ever-changing health care environment. <http://www.nln.org/>



National Nursing Staff Development Organization

Promoting evidence-based practice and excellence through education. <http://www.nnsdo.org>

***Best Nursing Practices in Care for Older Adults:** Incorporating Essential Gerontologic Content into Baccalaureate Nursing Education and Staff Development*

Hartford Institute for Geriatric Nursing

EDITORS:

Mathy Mezey, RN, EdD, FAAN
Terry Fulmer, RN, PhD, FAAN
Carla Mariano, RN, EdD

MANAGING EDITOR:

Elaine Gould, MSW

ASSISTANT MANAGING EDITORS:

Ethel Mitty, RN, EdD
Sherry Greenberg, RN, MSN, CS-GNP

SLIDE EDITOR:

Carla Mariano, RN, EdD

CONTENT CONSULTANTS:

Elaine Amella, RN, PhD, CS-GNP
Elizabeth Ayello, RN, PhD, CS, CETN
Eileen Chichin, RN, PhD
Annemarie Dowling-Castronovo, RN, BSN, MA, CS-GNP
Terry Fulmer, RN, PhD, FAAN
Elaine Gould, MSW
Sherry Greenberg, RN, MSN, CS-GNP
Kathryn Hyer, DrPA
Carla Mariano, RN, EdD
Maureen Matthews, RN, MSN, CS, PhD candidate
Mathy Mezey, RN, EdD, FAAN
Ethel Mitty, RN, EdD
Andrea Nevins, MPH
Gloria Ramsey, RN, BSN, JD
Barbara Richardson, RN, BSN, MAC
Jessica Scholder, MPH
Pamela Bernard Seley, RN, BSN, MSNc
Mary Shelkey, RN, PhD candidate
Andrea Sherman, PhD
Neville Strumpf, RN, PhD, C, FAAN
Meredith Wallace, RN, MSN, CS, PhD candidate
Elizabeth Weingast, RN, MA



THE JOHN A. HARTFORD FOUNDATION INSTITUTE FOR GERIATRIC NURSING

Mathy Mezey, RN, EdD, FAAN, Director
Terry Fulmer, RN, PhD, FAAN, Co-Director
Elaine Gould, MSW, Director for Programs

New York University, Steinhardt School of Education, Division of Nursing
246 Greene Street, New York, NY 10003
tel: 212-998-9018 fax: 212-995-4770 www.hartfordign.org
e-mail: hartford.ign@nyu.edu

2001, THIRD EDITION

In collaboration with The Consortium of New York Geriatric Education Centers
Supported by the NYC Council, administered by the New York City Department for the Aging

CONTENTS

Best Nursing Practices in Care for Older Adults

Incorporating Essential Gerontologic Content into Baccalaureate Nursing Education and Staff Development

User's Guide

TOPIC 1: Attitudes about Aging

*Elaine Gould, MSW, Andrea Sherman, PhD, Carla Mariano, RN, EdD,
Meredith Wallace, RN, PhD candidate*

TOPIC 2: Cross-Cultural Influences on Older Adults

Andrea Sherman, PhD, Elaine Gould, MSW

TOPIC 3: Sensory Changes & Communication with Older Adults

Elaine Gould, MSW

TOPIC 4: Functional Assessment of Older Adults

Sherry Greenberg, RN, MSN, CS-GNP

TOPIC 5: Cognitive/Mental Assessment of Older Adults

Maureen Matthews, RN, MSN, CS, PhD candidate

TOPIC 6: Depression, Delirium, Dementia in Older Adults

Mary Shelkey, RN, PhD candidate

TOPIC 7: Pressure Ulcers in Older Adults

Elizabeth Ayello, RN, PhD, CS, CETN

TOPIC 8: Nutrition: Eating/Meals for Older Adults

Elaine Amella, RN, PhD, CS-GNP

TOPIC 9: Sleep/Rest for Older Adults

Meredith Wallace, RN, MSN, CS, PhD, Elizabeth Weingast, RN, MA

TOPIC 10: Pain/Palliation of Older Adults

*Meredith Wallace, RN, MSN, CS, PhD, Barbara Richardson, RN, BSN, MAC,
Pamela Bernard Seley, RN, BSN, MSNc*



CONTENTS

Best Nursing Practices in Care for Older Adults

TOPIC 11: Urinary Continence of Older Adults

Annemarie Dowling-Castronovo, RN, BSN, MA, CS-GNP

TOPIC 12: Falls of Older Adults

Mary Shelkey, RN, PhD candidate

TOPIC 13: Polypharmacy and Older Adults

Terry Fulmer, RN, PhD, FAAN

TOPIC 14: Physical Restraint Reduction for Older Adults

Neville Strumpf, RN, PhD, C, FAAN, Mary Shelkey, RN, PhD candidate

TOPIC 15: Ethical Issues of Elder Care

Gloria Ramsey, RN, BSN, JD, Mathy Mezey, RN, EdD, FAAN

TOPIC 16: Caregiving/ Mistreatment of Older Adults

Eileen Chichin, RN, PhD, Terry Fulmer, RN, PhD, Carla Mariano, RN, EdD, FAAN, Mathy Mezey, RN, EdD, FAAN

TOPIC 17: Teaching Older Adults

Andrea Nevins, MPH

TOPIC 18: Financing Health Care for Older Adults

Mathy Mezey, RN, EdD, FAAN

TOPIC 19: Living Arrangements of Older Adults

Ethel Mitty, RN, EdD

TOPIC 20: Interdisciplinary Collaboration for Elder Care

Kathryn Hyer, DrPA

TOPIC 21: Resources for Gerontology & Gerontological Nursing

Jessica Scholder, MPH, Mary Shelkey, RN, PhD candidate



INTRODUCTION

All nurses in the course of their careers care for older adults because, already, older adults are the predominant users of health service resources. Sixty percent of hospital patients, 80% of home-care patients, and 90% of nursing home patients are over 65 years old. And the proportion of our country's population that is over 65 years is growing exponentially. Consequently, all nurses should be skilled in the essentials of high-quality care for older adults whether or not they ultimately choose the specialty of gerontological nursing. Raising the standard of care for older adults through nursing is an imperative for all of us.

We at the John A. Hartford Foundation Institute for Geriatric Nursing (Hartford Institute), in the Division of Nursing of New York University, are pleased to make the third edition of this Curriculum Guide available. We hope baccalaureate nursing school faculty and nursing staff development educators in all health-care settings will use this guide to reach the important goal of assuring the competence of all nurses in caring for older adults.

Many curriculum aid materials provide an inordinate amount of information because of authors' passions and expertise in their subject matter. More often than not, however, such books sit on shelves because readers find them overwhelming. This Curriculum Guide was written by experts; however, we gave them the very difficult task of distilling the material to essentials appropriate for undergraduate nursing education and basic staff nurse competence. We hope the information in this guide will whet student and staff appetites for



INTRODUCTION

learning more and create in them compassion and empathy for older adults.

In pursuing the notion that less is more, we chose only those topics that promote concern for the critical issue of *quality of life* of older adults. Although we have selected 20 topics, there are several we did not include. For example, we did not devote a section to chronicity because we believe it relates to almost all the topics in this guide. We did not make a separate chapter on spirituality and sexuality but instead put these topics into the Attitudes chapter (Topic 1). Topic 21 is a comprehensive collection of resources to allow for deeper exploration of topics. This third edition provides state-of-the-art information and updated resources.

We have organized the material to allow you to use parts of chapters. We hope that you will use the guide in its entirety; if that is not possible, we encourage you to take parts that work for you—some instruments and scales, some experiential exercises. We encourage you to share this guide with your colleagues.

In 1996, the Hartford Institute for Geriatric Nursing was created through the foresight, commitment, and generosity of the John A. Hartford Foundation Inc. of New York. It is the Foundation's long-standing commitment to improving care for older adults that is now guiding it to support and improve nursing care.

We have many people to thank for this guide: the many content consultants for their expertise and commitment to



INTRODUCTION

the project; Carla Mariano, Hartford Institute Scholar-in-Residence and editor of the first and second editions of the guide for her outstanding compilation of material and work on the teaching slides; Elaine Gould, Hartford Institute Director for Programs, for keeping us focused on the goals of the guide and managing the editing process for this third edition; Ethel Mitty for her expert content editing; Sherry Greenberg for her critical eye on content; Susan Amessé, Hartford Institute Communications Coordinator and Sandy Hui, Administrative Assistant, for their thorough focus on copyright permissions, and to Nancy Marcus Land and the competent staff of Publications Development Company for bringing this third edition to fruition; Kiersten Konikowski, Partners Program Coordinator, for all her work on the first edition of this book and her continued support.

This Curriculum Guide is a third edition with revised and expanded topics and resources. We hope you find it both informative and useful in educating your undergraduate students, faculty, and clinical staff to become nurses who provide skilled and compassionate care to older adults.

Mathy Mezey, RN, EdD, FAAN
Hartford Institute Director

Terry Fulmer, RN, PhD, FAAN
Hartford Institute Co-Director



USER'S GUIDE TO THIS BOOK

This book is designed to give you essential and up-to-date gerontologic nursing content appropriate for baccalaureate nursing students, faculty, and clinical nurses. For nursing schools, this material can be incorporated into undergraduate courses you are already teaching, can help you develop a free-standing gerontologic nursing course for baccalaureate nursing students, and provide content for faculty development programs. For staff development educators, it is useful in meeting your facility's JCAHO requirements demonstrating staff age-specific competencies.

There are 20 topics. Each topic includes:

Competencies: Essentials that students and staff should know about the topic (learning objectives).

Content Outline: Content to help you teach each competency.

Instruments/Scales: Best practice assessment tools for the topic.

Case Study: Clinical cases to encourage use of content in practice.

Experiential Activities/Clinical Experiences: Activities to encourage active learning and implementation of competencies.

Evaluation Strategies: Techniques and questions geared to both didactic and experiential learning.

Resources: Lists of books, articles, audiovisual materials, web sites and organizations.



USER'S GUIDE TO THIS BOOK

Slides and Overhead Projection Material: Abbreviated content is available to you on disk (included in the pocket of this guide) in Microsoft PowerPoint '97 format. They are “not write protected” so that you can edit them and create your own overheads or slides in full color.

Permission to Reprint: The Hartford Institute for Geriatric Nursing gives permission to reprint any part of this book provided that the original source, the Hartford Institute for Geriatric Nursing, and this book are properly cited. This permission is for educational and not-for-profit purposes only and for print format only. It is the goal of the Hartford Institute to disseminate gerontologic nursing best practices to as wide an audience as possible in order to raise the standard of care to older adults.

Please share this information with your colleagues.

We hope you find this Curriculum Guide informative and useful. We would appreciate your comments about both content and format in our continuing efforts to improve and revise it. You can reach us at: hartford.ign@nyu.edu

Mathy Mezey, RN, EdD, FAAN
Terry Fulmer, RN, PhD, FAAN
Carla Mariano, RN, EdD
Editors

Elaine Gould, MSW
Managing Editor

